

# HERE'S PROOF THAT PERFECT TEETH AND LIPS THAT CURL CAN'T FAIL TO //

## // MAKE A // PRETTY GIRL

*says*  
**Antoinette Donnelly**

If you want to discover the real value of pretty teeth in beauty analysis, try to get a job in the chorus of any of the smart shows. Time was when a good figure would get a girl a job where looks count highest. Not so now! She can be skinny or even be guilty of flesh "ne plus ultra" if her teeth are bridge free, without gold caps or discolored fillings of any kind.

There's no denying that the teeth are almost the first thing you notice about a person's face. If they're good ninety-nine chances to one hundred you'll say about the person, "She (or he) is attractive." If the lips open over discolored, gold filled, unclean teeth, beautiful eyes or a beautiful skin will not redeem the person's looks.

Whether a business woman, a society woman, a professional woman, a chorus girl, or a show girl, two rows of clean, good, white, and even teeth are going to mean just that much more in your life. They'll make friends for you. They'll make success for you.

That's why your tooth brush should have a first place in your affections.

If the mouth be kept clean and healthy the saliva will dilute and keep moving the food particles, which instead of fermenting in the mouth will be floated in the current of the saliva to the stomach.

In olden times the grinding and crunching of the coarser grains and hard breadstuffs had a cleansing effect on the teeth and a strengthening effect on the gums. Today a great portion of the food, in the popular opinion, seems to require little or no chewing. Also the foodstuff of today is so seasoned and so surcharged with a chemical nature that the immediate cleansing of the mouth after eating is necessary to avoid fermentation in and about the teeth and gums.

It is a pity that any parent should neglect the teeth of the child. No parent can ever atone for the injury done a child through this neglect. It isn't alone a handicap to the looks of the child grown up but often a serious handicap to a child's health.

Many facial deformities may be laid at the door of teeth neglected in childhood. The protruding lower jaw and the peaked upper are conditions resulting from early neglect. Fortunately, dental surgery today is accomplishing quite marvelous remedies of facial deformities. And even though the work is generally expensive the improved health and appearance makes it worth the sacrifice.

There has been so much said and written about regularity in cleansing the teeth that it seems hardly necessary to repeat. It is enough to say that decay of the teeth and disease of the gums are almost always a condition of uncleanness. A word as to the use of a silk thread (or dental floss) in removing food debris. It does it more effectively than does a tooth brush. Use the silk with a seesaw motion between the teeth at intervals not less than twice a week, and the oftener the better. When you give your teeth their thrice daily brushing use a perpendicular stroke and brush the inside of the teeth as well as the outside.

The short road to decay and tooth ugliness is to allow lurking food deposits to become more than a day old.

Don't forget that the money spent visiting a dentist at least once a year just to see that there are no cavities "budding" will be the best outlay you can make. It may save you dollars, looks, and health.

The ordinary perfunctory use of the tooth brush alone will not keep your mouth sanitary. The use of mouth washes and powders is confined more or less to a portion of the surface of the teeth. Your teeth should be brushed thoroughly after each meal, of course. In addition, however, your gums and the sockets of your teeth must be kept stimulated. And this you do by brushing the gums, using a stiff brush and a rotary motion. If your gums are sensitive use a moderately stiff

brush until you can bear the more vigorous treatment. In addition to stimulating the circulation in the gums this strengthens their resistance and keeps the gum margins free from tartar.

The crunching of hard foods is essential to health of gums and teeth. It maintains the physiological condition of the gum tissue and muscles of mastication. The crunching of toast, popcorn, dry bread, etc., is beneficial to both teeth and gums.

Get your dentist's advice as to whether you should use an acid or alkaline wash.

Fruit acids, such as grape juice, orange and lemon juice, and apples stimulate a flow of saliva and are cleansing. An apple eaten in the evening will mechanically and chemically cleanse the teeth, and if followed by proper

brushing will protect them from the action of bacteria during the night.

Lime water is the best alkaline mouth wash there is. It is made from coarse unslaked lime.

Another good mouth wash is a weak solution of bicarbonate of soda and common salt (equal parts of each, a tablespoonful to the pint) or with lime water.

Pyorrhea has become almost universally prevalent. While it is not always due to conscious neglect, still often it is due to neglect of mouth hygiene. A weak solution of fluid extract of ipecac, two drops in a half glass of water, used as a mouth wash before retiring, will act as a preventive, and perhaps as a cure, in the earlier stages of this trouble.

Few people realize the importance of keeping the tongue clean. Your tongue accumu-

lates tartar and bacteria, especially near the root. Use tooth powder on your tongue and brush it as you would your teeth. Food acids are especially serviceable in cleansing the tongue. A weak solution of vinegar is good.

If your teeth are kept white and pearly your health will be so good and your spirits so happy that your lips will just naturally curl prettily.

### ANSWERS TO INQUIRIES.

MISS M.: There are two causes for ingrowing toe nails. Improper footwear is one and cutting the nails wrong is another. When cutting the nails, cut them straight across or slightly concave. If there is a tendency for the flesh to grow over the nail, push it back and fasten in this position with a strip of oxide of zinc plaster, and a gauze packing should be inserted under the nail edge.

A READER: Exercises alone are best for reducing flesh. A simple exercise for reducing the legs is to stand up straight and kick out with each foot in turn, bending the knee so as to draw the heel of the foot back as far as it will go. Repeat this exercise from fifteen to twenty times a day. If you would be interested in the exercises which I gave Mrs. Eva Lane in reducing her thirty-six pounds in six weeks, I shall be glad to send them to you, if you will send me a stamped, addressed envelope.

VERA M.: No; I do not suggest a depilatory for removing hair from the face. This

is best done by electricity. I have a formula for a lotion to reduce large pores and shall be glad to send it to you if you will send me a stamped, addressed envelope.

MARGARET X.: I am printing my formula for tonic for oily hair, and I am sure you will find it efficacious in overcoming the oily condition. Carbonate of ammonia, 20 grains; tincture of cantharides, 1 dram; alcohol, one-half ounce, and of bay rum a sufficient quantity to make four ounces. Mix well and apply at night, rubbing thoroughly into the scalp while massaging it.

JANE H.: You might try massaging your nose from the base downward. This would probably help reduce it, but it will take constant and persistent effort if any change can

be made. It is altogether likely that your first letter was received by me, but as there were so many ahead of it containing the same request, each one had to be answered in turn.

MABEL K.: I should like to make you happy, Mabel, by sending you my treatment for pimples and blackheads, but you neither sent me a stamped, addressed envelope nor your address. Try it again, won't you?



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